



Prioritizing Mental Health During the COVID-19 Pandemic

STAY INFORMED

- Stay informed and up to date on news and media coverage but set limitations to avoid added stress. Take a break from the news if you notice signs of increasing anxiety or worry
- Ask questions! Don't be afraid to ask what safety measures are in place at stores, doctors' offices and other businesses or organizations you may visit
- It is challenging to sort through all the sharing of accurate information and misinformation. Reach out to knowledgeable friends and family, engage with your health department online and use reputable resources to fact check any information you see on social media.

STAY CONNECTED

- Maintain a routine as similar to your normal routine as possible
- Set aside time each day to relax using methods that work for you, such as exercising, stretching, praying, meditating, or reading a book
- Stay connected with friends, family, co-workers and neighbors who you would normally speak to or see in person
- Share your feelings and struggles with others or try writing in a journal to reduce stress

STAY SAFE

- Take reasonable precautions to protect yourself and others, including following CDC guidelines and recommendations from city/county officials

Experiencing heightened stress, anxiety, depression and feelings of loneliness during this time is normal. There are many free resources to provide support, including group meetings and hotlines. If you need help, reach out to one of these resources below:

Harris Center
COVID-19 24/7 Support Line: 833-986-1919

